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SUBJECT: COUNTRY CLEARANCE GRANTED TO CURNOW TO TRAVEL TO SAINT LUCIA

REF: 231200Z MAY 07

¶1. Embassy Bridgetown warmly welcomes and grants country clearance to ENS Peter J. Curnow, USN for travel to Saint Lucia May 29 - June 04, 2007. The purpose of this mission is for leave.

¶2. Embassy points of contact are CDR P. Kofi Aboagye, Chief, Military Liaison Office, 1-246-227-4339 or cell 1-246-230-2705; Major Curtis Schmucker, Deputy Chief, Military Liaison Office, tel. 1-246-227-4166 or cell. 1-246-230-2712 and Major Rachelle Harris, Operations & Exercises Officer, tel. 1-246-227-4123 or cell. 1-246-230-2725.

¶3. The exchange rate is approximately \$2.70 xcd (Eastern Caribbean) dollars for \$1.00 U.S. dollar. U.S. currency, traveler's checks, and credit cards are routinely and widely accepted here.

¶4. Entry requirements: A valid U.S. passport is required to enter Barbados. No visa is required if your stay is under six months, including those travelers arriving with diplomatic or official passports. For further information, travelers may contact the Embassy of Barbados, 2144 Wyoming Avenue N.W., Washington D.C. 20008, tel. 1-202-939-9200.

¶5. Departure tax for Saint Lucia is \$68.00 ECC (Eastern Caribbean Currency) or \$24.00 USD.

¶6. Restrictions: The laws of Barbados, Antigua and Barbuda, St. Lucia, Grenada, Dominica, and St. Kitts and Nevis prohibit non-military personnel from wearing any articles of camouflage clothing. Immigration officers in these countries randomly check visitor's baggage on arrival at the airport; if items of restriction are found, you will be asked to surrender them to the officers.

¶7. The following is general information pertaining to security and health considerations throughout the Eastern Caribbean:

Security

In the Eastern Caribbean, foot travel outside of well-established tourist areas is not generally recommended, especially at night. Be vigilant when using public telephones or ATM machines near roadsides or quiet areas. As in many U.S. metropolitan areas, wearing expensive jewelry, carrying expensive objects, or carrying large amounts of cash should be avoided. Visitors should also safeguard valuables while at the beach. While hotels are generally safe, many visitors have experienced loss of unattended items. Hotel burglaries are not uncommon and all valuables should be locked in room safes if possible.

Health Information

Throughout the Eastern Caribbean, the most likely threat to a visitor's health is sunburn. It takes several weeks to become accustomed to the heat and humidity. Prolonged exposure to the sun,

without protection, causes sunburn and may ultimately result in sun-damaged skin or even skin cancer. Sunscreens should be used for protection. In Barbados, St. Lucia, and St. Vincent the major health threat is dengue fever, transmitted by mosquito. Dengue cases are most often seen in the summer months. Persons should therefore protect themselves with insect repellent. There is also a growing number of HIV/AIDS cases reported. The Eastern Caribbean enjoys clean and safe drinking water. Only routine boosters for immunizations (i.e. tetanus, diphtheria, and oral polio vaccine) are required when traveling to this region. Barbados has the best medical facilities of all the islands in the region and most of the medical specialties have practitioners here.

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